
YOU CAN PREVENT & MANAGE CHRONIC DISEASE

Many chronic diseases are caused by key risk behaviors. Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$3.8 trillion in annual health care costs.

Many chronic diseases are caused by a short list of risk behaviors:

- Tobacco use and exposure to secondhand smoke
- Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats
- Physical Inactivity
- Excessive alcohol use

By making healthy choices, you can reduce your likelihood of getting a chronic disease and improve your quality of life.